

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
Skripsi, Maret 2015**

ABSTRAK

Lailatul Fitria Hasanah

PERBANDINGAN TERAPI MUROTTAL AL-QUR'AN DAN TERAPI MUSIK GAMELAN TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI DI RUANG BAITUL IZZAH RUMAH SAKIT ISLAM SULTAN AGUNG SEMARANG

46 hal + 14 tabel + xiv

Latar Belakang : Hipertensi merupakan keadaan kenaikan tekanan darah diatas 140/90 mmHg. Penatalaksanaan hipertensi dilakukan dengan terapi farmakologi dan non farmakologi. Terapi non farmakologi bisa dilakukan dengan tehnik relaksasi diantaranya terapi murottal Al-Qur'an dan terapi musik gamelan. Tujuan penelitian ini adalah mengetahui perbandingan terapi murottal Al-Qur'an dan terapi musik gamelan terhadap penurunan tekanan darah pada penderita hipertensi.

Metode : Penelitian ini menggunakan desain *pre experimental* dengan *static group comparison*. Data dikumpulkan dengan lembar observasi dan mengukur tekanan darah. Jumlah responden sebanyak 34 pasien dengan sampling insidental. Data yang diperoleh diolah secara statistik menggunakan uji T berpasangan dan T tidak berpasangan.

Hasil : uji statistik terapi murottal Al-Qur'an terhadap penurunan tekanan darah didapatkan *p-value* = 0,000 untuk sistolik dan diastolik. Terapi musik gamelan terhadap penurunan tekanan darah didapatkan *p-value* = 0,000 untuk sistolik dan diastolik. Perbedaan pengaruh terapi murottal Al-Qur'an dan terapi musik gamelan terhadap penurunan tekanan darah didapatkan *p-value* = 0,907 untuk tekanan darah sistolik dan nilai *p-value* = 0,858 untuk tekanan darah diastolik

Simpulan : tidak ada perbedaan pengaruh terapi murottal Al-Qur'an dan terapi musik gamelan terhadap penurunan tekanan darah pada penderita hipertensi.

Kata Kunci : Tekanan darah, murottal Al-Qur'an, musik gamelan.

Daftar Pustaka : 48 (2001-2014)

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ABSTRACT

Lailatul Fitria Hasanah

**THE COMPARISON BETWEEN MUROTTAL AL QUR'AN THERAPY
AND GAMELAN MUSIC THERAPY TOWARD DECREASING BLOOD
PRESSURE ON HYPERTENSIVE PATIENTS IN BAITUL IZZAH ROOM
AT SULTAN AGUNG ISLAMIC HOSPITAL SEMARANG.**

46 pages + 14 tables + xiv

Background: Hypertension is a state of increasing blood pressure above 140/90 mmHg. The managements of hypertension therapies are pharmacological and non-pharmacological. Non-pharmacological therapy can be done with relaxation techniques, such as murottal Qur'an and gamelan music therapy. The purpose of this study was to find out the comparison between murottal Qur'an therapy and gamelan music therapy toward decreasing blood pressure to patients with hypertension.

Method: This study used a pre-experimental design with a static group comparison. Data was collected by observation sheet and measured blood pressure. The number of respondent was 34 patients with incidental sampling. The data was processed statistically by using the test of paired t and independent t test.

Result: Statistical test of murottal Qur'anic therapy to decrease blood pressure was obtained p-value = 0.000 for systolic and diastolic. Gamelan music therapy on blood pressure decreased was obtained p-value = 0.000 for systolic and diastolic. The difference between the effect of murottal Qur'an therapy and gamelan music therapy toward decreasing blood pressure was obtained p-value = 0.907 for systolic blood pressure and p-value = 0.858 for diastolic blood pressure.

Conclusion: There was no significant difference between murottal Qur'an therapy and gamelan music therapy toward decreasing blood pressure to patients with hypertension.

Keywords: Blood pressure, murottal Qur'an therapy, gamelan music.

Bibliography: 48 (2001-2014)